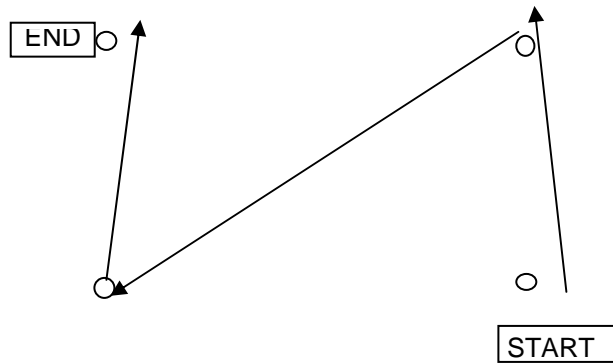


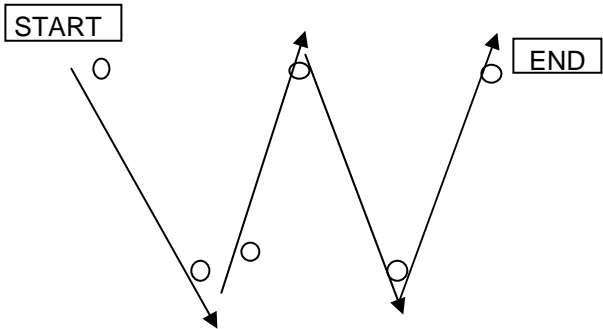


Agility Exercises

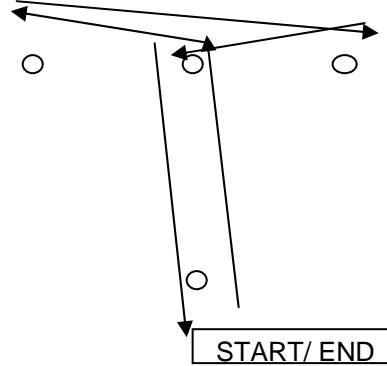
DRILL #1: Sprint, Cut Lt., Sprint- change directions, backwards; backwards; forwards- hips open around cone or outside leg crosses over



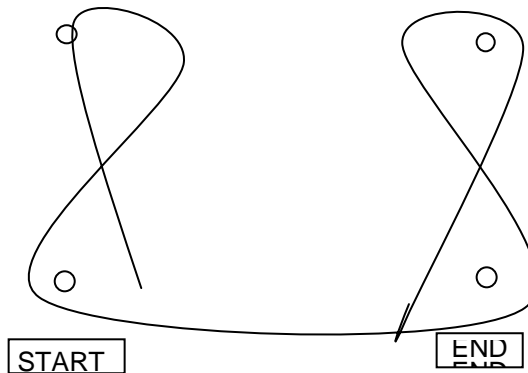
DRILL #2: 'W' Pattern (forward/backward combo.)

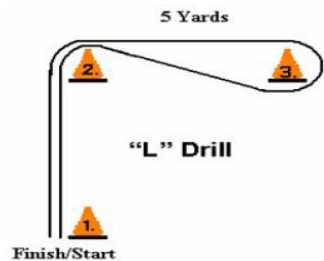


DRILL #3: T-Drill (sprint the entire drill)

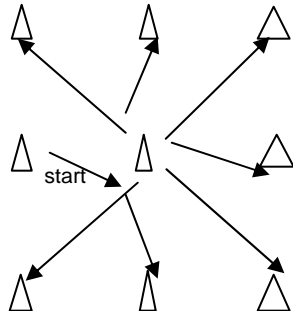


DRILL #4: Sprint the entire drill



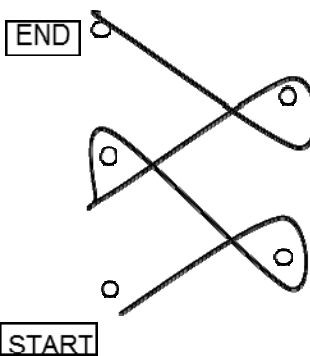


Wheel Drill- cones 5 yds. Apart



*Begin at any cone. Mix up shuffle/backpedal/
45 degree run etc. Be position specific.

DRILL #9: Zig-zag w/ spin



DRILL #6: Zig-zag, inside pivot

